



# November 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Office Hours:</b> Monday - Friday 8:00 am - 5:00pm* *(Closed 12:00 pm -1:00 pm)  <b>Location:</b> Sigler Park 7200 Plaza Street Westminster, CA 92683						
				1	2	3
				WIC 8- 4 pm CHI OC (Medical/Food stamps/CalWorks) 8-12p Parks Program 2:30pm- 5:00pm TLFR Parenting Class* 6:00pm— 8:00 pm	Parks Program 2:30pm- 5:00pm	
4	5	6	7	8	9	10
	Parks Program 2:30pm- 5:00pm	Parks Program 2:30pm- 5:00pm	Vietnamese Lactation & Nutrition Class* 10am— 12pm Parks Program 2:30pm- 5:00pm	WIC 8- 4 pm CHI OC (Medical/Food stamps/CalWorks) 8-12p Parks Program 2:30pm- 5:00pm TLFR Parenting Class* 6:00pm— 8:00 pm	Parks Program 2:30pm- 5:00pm	Vietnamese Foster/ Parenting Workshop* 9:00am - 3:30pm
11	12	13	14	15	16	17
	 Parks Program 2:30pm- 5:00pm	Parks Program 2:30pm- 5:00pm	Vietnamese Lactation & Nutrition Class* 10am— 12pm Parks Program 2:30pm- 5:00pm	WIC 8- 4 pm CHI OC (Medical/Food stamps/CalWorks) 8-12p Parks Program 2:30pm- 5:00pm TLFR Parenting Class* 6:00pm— 8:00 pm	Parks Program 2:30pm- 5:00pm	
18	19	20	21	22	23	24
	Parks Program 2:30pm- 5:00pm	Parks Program 2:30pm- 5:00pm	Vietnamese Lactation & Nutrition Class* 10am— 12pm Parks Program 2:30pm- 5:00pm	Closed 		
25	26	27	28	29	30	
	Parks Program 2:30pm- 5:00pm	Parks Program 2:30pm- 5:00pm	Vietnamese Lactation & Nutrition Class* 10am— 12pm Parks Program 2:30pm- 5:00pm	NO WIC CHI OC (Medical/Food stamps/CalWorks) 8-12p Parks Program 2:30pm- 5:00pm Cessation Class* 5:30- 7:30 pm	Parks Program 2:30pm- 5:00pm	

**Free Services from the Westminster Family Resource Center:** Family Advocacy, Personal Empowerment Program, Domestic Violence Counseling, Information & Referral, Parent Education Classes/Workshops, Adoption Promotion Support, Family Reunification Services, Dental Service, Emergency Food Program, Individual & Family Counseling, After School Enrichment Programs, and Case Management Services. Please call for more information: (714) 903-1331.

**TLFR Parenting Class:** This free 4-week parenting series focuses on families that are involved in Time-Limited Reunification (TLFR) with the OC Social Services Agency. Classes will take place at the Westminster Family Resource Center Thursdays, October 25– November 15, from 6:00pm to 8:00. Free child care will be provided.

**Vietnamese Foster/ Adoption Workshop:** This parenting class is only offered in Vietnamese on the second Saturday of every month at the WFRC. It covers topics related to Foster/ Kinship Care and General Parenting. The class is from 9:00 am—3:30 pm and is open to all parents, although it targets foster parents and parents with adopted children.

**Vietnamese Lactation & Nutrition Class:** This Vietnamese 4-week series educates mothers about their newborn's nutrition and promotes breastfeeding. The class is held at the Westminster FRC.

**Cessation Class:** The class is offered by Nhan Hoa Clinic once a month in English and Spanish. It is available to individuals seeking to stop using tobacco.

**WIC:** The Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Program - serves to safeguard the health of low-income women, infants, & children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. They are at the FRC every Thursday From 8am-4:30pm. WIC will not be at the site on 11/22 and 11/29.

**CHI OC:** Health insurance enrollment assistance for clients to apply for :

- Medi-Cal
  - Healthy Kids
  - Access for infants & Mothers (AIM)
  - Healthy Families
  - Food Stamps
- For more information or to make an appointment please call (714) 903-1331. Seen by appointments only.

**Abrazar Food Programs:** Eligibility: 18+, low income, Cities of Westminster, Seal Beach, Fountain Valley and Midway City. Every Friday of the month from 10am to 4pm.

**Club Westminster After-School Parks Program:** This FREE drop-in, supervised program offers quality recreation activities to elementary school-aged children. Children under the age of 6 years must be accompanied by an adult. This program runs Monday through Friday from 2:30pm – 5:00pm at the park locations listed below.

Bolsa Chica Park  
13660 University Street

Liberty Park  
13900 Monroe Street

Sigler Park  
7200 Plaza Street

**Westminster Family Resource is a Community Collaborative:**

